

May is National High Blood Pressure Education Month

Did you know...*NEARLY ONE-THIRD OF ALL AMERICANS WITH HIGH BLOOD PRESSURE DON'T KNOW THEY HAVE IT?*

Source: American Heart Association



Blood pressure is the force of blood against the walls of arteries. Blood pressure is expressed as two numbers—the systolic pressure (as the heart beats) as the first, or top number and the diastolic pressure (as the heart relaxes between beats) as the second, or bottom number. “Normal” blood

pressure is less than 120 mmHg systolic and less than 80 mmHg diastolic (or, 120/80).

Blood pressure rises and falls during the day. When blood pressure stays elevated over time, it is called *high blood pressure*. The medical term for this is *hypertension*.

If blood pressure is between 120/80 and 139/89, it is referred to as *prehypertension*, which means the person might not have high blood pressure now but is likely to develop it in the future if lifestyle changes are not made.

Both numbers in a blood pressure test are significant. Especially for younger people, however, the diastolic pressure is an important number. The higher the diastolic number the greater the risk for heart attack, stroke and kidney failure. As people become older, the diastolic pressure will begin to decrease and the systolic pressure begins to rise and becomes more important. Your health care provider will use both blood pressure readings to determine your blood pressure category.

Why Should You Care?

High blood pressure can hurt your body in many ways. It adds to the workload of your heart and arteries. Because your heart works harder than normal for a long time, it tends to get bigger. A slightly bigger heart may work well, but if it's enlarged very much, it may have a hard time meeting your body's demands. High blood pressure increases your chance (or risk) for getting heart disease and/or kidney disease, and for having a stroke. It is especially dangerous because it often has no warning signs or symptoms. Regardless of race, age, or gender, anyone can develop high blood pressure. It is estimated that one in every four American adults has high blood pressure.

Why Should You Lower Your Blood Pressure?

In clinical trials it has been shown that by lowering blood pressure to acceptable levels:

- * Occurrence of stroke can be reduced by an average of 35-40%
- * Occurrence of heart failure can be reduced by an average of 50% or more
- * Occurrence of heart attack can be reduced by an average of 20-25%

Tips for Having Your Blood Pressure Taken

- * Don't drink coffee or smoke cigarettes 30 minutes before having your blood pressure measured
- * Before the test, sit for five minutes with your back supported and your feet flat on the ground. Rest your arm on a table at the level of your heart
- * Wear short sleeves so your arm is exposed
- * Go to the bathroom prior to the reading. A full bladder can change your blood pressure reading.
- * Get two readings, taken at least two minutes apart, and average the results

Always ask the person taking your blood pressure to tell you the reading in numbers. Sometimes they don't tell you unless you ask, or they may just say “it's normal.” If you see more than one doctor, you may want to write down your results to keep track of your own blood pressure.

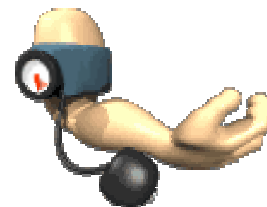
Left or Right Arm?

Have you ever wondered why a blood pressure reading can be different in your left and right arm?

Left-arm and right-arm (interarm) blood pressure differences are common. Blood pressure may be slightly higher in your

dominant arm. For example, if you're left-handed, your left arm may have a slightly higher reading than your right arm. Several studies have been done to determine what is a ‘normal’ variation between right and left arm.

In general, any difference of 10 mmHg or less is considered normal and not a cause for concern. However, it's a good idea to discuss differences higher than 10 mmHg with your doctor.



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How to Survive Stress With Self Massage

May 4, 2006 9:00am-10:00am

DES: 3443 N Central Ave, Phoenix,
Large Conf. roomRegister by May 1st: email doloresrivera@azdes.gov

Instructor Anna Marie Prassa takes you through quick relaxers for your mind and body. Participants receive a self-massage tool and a body scape map. By applying the self-massage pressure point techniques you are shown, you will be able to reduce your muscle pain and tension. This FREE workshop is interactive, fast-paced, enlightening and fun.

Fit & Fast Cooking

May 11, 2006 12:00pm-1:30pm

ADOT: 206 S 17th Ave, Phoenix, Room 145

Register by May 5th: email swuertz@azdot.gov**\$1.00 Copay (pay instructor at time of class)**

Ted Rogers, "America's Chef and Lifestyle Guru," will show you how to build a lifestyle of high energy, great foods and better health. Being healthy does not have to be hard. Class participants will receive delicious *Fit and Fast Food* ideas, food samples, and recipes to keep you energized, satisfied and happy!

Skin Cancer Screening

May 17, 2006 8:00am-2:30pm

Dept of Gaming: 202 E Earll Dr, Phoenix,
Training Room**Appointment Required!**

Call by May 12th: 602-285-9980

All State employees are welcome to participate in this FREE screening, which includes: Assessment by a nurse practitioner or physician assistant for skin cancer, including personal and family medical histories and lifestyle factors. Screening takes approximately 10 minutes. Participants are *not* be required to fully disrobe.

Office Fitness

May 24, 2006 11:30am-12:30pm

DOC: 3701 W Cambridge, Phoenix, ACI Conf. Room

Register by May 17th:

email jlongm@azcorrections.gov

Throughout the normal workday, you have many opportunities to exercise and be active at work. Instructor Ted Rogers will present a variety of exercises and movements that will enhance your overall well being. This FREE interactive presentation will address all levels of health and fitness, with exercise suitable for sedentary lifestyles to those of high activity levels. This program is designed for you to gain health benefits without being disruptive to your workday.

Mini Health Screening at Work

All State employees are eligible to participate in mini health screenings. Confidential results will be mailed to your home. These screenings are FREE, except where prices are indicated:



- Height & weight; blood pressure; and percent of body fat (body composition).
- Cholesterol (total panel) and blood sugar **8-hour fasting is required for this blood draw.**
- Free osteoporosis screening for women 40 and older. \$35 for women under age 40.
- \$5 PSA screening (blood draw) for men 40 and older. \$40 for men under age 40.

NO APPOINTMENT NEEDED!**PHOENIX** – May 9, 20068:00am-10:00am Dept of Emergency Military Affairs
5636 E McDowell Rd, Rotunda**KINGMAN**– May 11, 20068:00am-10:00am Dept of Transportation
3660 E Andey Devine, ITD Training Center**PHOENIX** – May 18, 20068:00am-11:00am Dept of Administration
100 N 15th Ave, 1st Floor Lobby**FLAGSTAFF** – May 31, 20068:00am-10:00am Dept of Transportation
1801 S Milton Rd, Room 140***Don't see anything scheduled in your area?***

All of our events are requested by individuals at worksites. Most programs are available throughout Arizona. If you are interested in hosting a program at your worksite, visit the Wellness website to learn "[How To Request and Schedule Worksite Events.](#)"

***Online Event
Request Form***

Event requests are now submitted online. Complete the brief form, including contact information and the event requested and hit "submit!" A Wellness team member will reply to your request.

upcoming events



MOM

Mobile On-site Mammography

“Early detection is the best defense we have at this time for catching breast cancer in its earliest stages,” says Catherine Midgette, Executive Vice President of MOM. “If we find the cancer in its earliest stages, the patient has a 97 percent survival rate.” Mobile On-Site Mammography (MOM) travels to perform mammography screening at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance’s member service department for more information.)

Call MOM at 480-967-3767 to schedule your appointment.

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 people required. The M.O.M. van will be parked outside the following locations:

MESA – May 3, 2006

8:00am-4:00pm AHCCCS
460 N Mesa Dr

GLENDALE – May 4, 2006

8:00am-5:00pm AHCCCS
2830 W Glendale Ave

TUCSON – May 4, 2006

9:00am-1:00pm AHCCCS
110 S Church Ave

TUCSON – May 4, 2006

8:00am-5:00pm AZ Schools for Deaf & Blind
1200 W Speedway

PHOENIX – May 11, 2006

8:00am-11:00am Dept of Gaming
202 E Earll Dr

PRESCOTT – May 12, 2006

9:00am-5:00pm Prescott Historical Society
415 W Gurley St (Charlotte Hall Museum)

YUMA – May 25, 2006

2:30pm-5:00pm Dept of Transportation
2243 E Gila Ridge Rd



Health Screening Expo and Learning Lunch

Monday, May 15, 2006

10:00am– 1:00pm

**Arizona State Capital
Governor’s Executive Tower
1st and 2nd Floor Lobby**

Schedule of Events:

10:00am to 12:00pm on the 1st and 2nd Floor Lobby— Free health screenings: blood pressure and one hour fasting glucose brought to you by the State of Arizona Employee Wellness Program; depression screening; and lung screening for current and past smokers.

12:00pm to 1:00pm Learning Lunch in the 2nd Floor Conference Room— Learn how to stay active during the hot Arizona summers, learn how to eat healthy when dining out, and learn how humor can help reduce stress.

Mobile On-site Mammography will be available to provide mammograms for qualified women who have an appointment. To schedule an appointment, please call MOM at 480-967-3767.

Information will be available on physical activity, skin cancer prevention, exercise and fitness, immunizations, reproductive health, osteoporosis, smoking cessation, chronic disease, and other resource information.



**Organized by
Arizona Department of Health Services**

Massage Therapy At Work

This program is open to all State employees. The cost is \$10 for a 15-minute massage and \$20 for a 30-minute massage.

**Check the Wellness website for events
scheduled in your county.**



National StresStation will travel to worksites with at least 15 interested employees (and/or family members). Call National StresStation at 480-990-1701 to discuss having this program at your worksite.



CATAGORY	BLOOD PRESSURE LEVEL (mmHg)		
	Systolic		Diastolic
NORMAL	< 120	AND	< 80
PREHYPERTESNION	120—139	OR	80—89
HIGH BLOOD PRESSURE			
STAGE 1 HYPERTENSION	140—159	OR	90—99
STAGE 2 HYPERTENSION	≥ 160	OR	≥ 100

The fact that there are differences in right and left arm readings emphasizes the importance of measuring blood pressure in both arms initially to prevent the misdiagnosis of high blood pressure.

If one arm has higher blood pressure than the other, then that arm should be used to determine if you have hypertension.

Causes

Medical science does not always know what causes high blood pressure in some individuals. Many factors contribute to and affect high blood pressure. Some of these factors include: heredity; age; obesity and overweight; sodium consumption; pregnancy; a medical condition such as diabetes mellitus, gout and kidney disease; sedentary and inactive lifestyle; use of certain medications; and stress.

Though you cannot control some of these factors, like age and heredity, you can control many of them.

Prevention

You can take steps to prevent high blood pressure by adopting a healthy lifestyle. These steps include:

- * maintaining a healthy weight
- * being physically active
- * following a healthy eating plan that emphasizes fruits, vegetables, and lowfat dairy foods
- * choosing and preparing foods with less salt and sodium
- * drinking alcoholic beverages in moderation, if at all
- * reducing or eliminating caffeine consumption
- * quitting smoking

Did you know...

Up to 50% of prescription medication for high blood pressure is not taken properly.

If lifestyle changes alone are not effective in keeping your pressure controlled, it may be necessary to add blood pressure medications.

Lifestyle and medication options should be discussed with your health care provider.

Find out the caffeine content of common beverages: www.mayoclinic.com/invoke.cfm?objectid=CE619C35-D037-4016-A9CBEA9A3ECBCEB6

Article Sources:

American Heart Association: www.americanheart.org

National Heart, Lung and Blood Institute: www.nhlbi.nih.gov



Created and published by ADOA Human Resources,
Benefit Options Wellness Program

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Persons with disability may request reasonable accommodation by contacting the ADOA Benefits Office.

If you need this
issue in alternative
format, please call
602-771-9355

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Be Well Stay Well.